

ABSTRACT

An object of the present invention is to provide a composition for suppressing craving for smoking with high safety and no dependence such that there can be performed (1) suppression of craving for smoking in a situation where nonsmoking is mandatory in the daily life; (2) prohibition or moderation of smoking intentionally (when unrestricted); and (3) complete elimination of a smoking habit. Another object of the present invention is to provide a method for prohibiting or moderating smoking comprising administering to an individual the composition comprising theanine.